



Strength & Conditioning – Testing

S&C Testing is performed several times throughout the year to determine strengths and weaknesses, both general and specific. Desired values were calculated by correlation of improved sport performance and various physical quality levels (strength & conditioning).

Strength

Increased Maximal Strength is the main focus, as this type of strength influences every other type of strength and provides the best sport injury prevention. Single maximal repetition tested for weighted movements, repetition goals listed for body weight movements.

<u>Movement</u>	<u>Goals: Athletic</u>		<u>Elite</u>
Power Clean	1.0	1.5	x Body Weight
Bench Press	1.25	1.75	x Body Weight
Squat	2.0	2.5	x Body Weight
Pull-up	girls 12	20	
	boys 20	25	

The above measures are all objective. Subjective evaluation is done with regard to exercise execution, movement speed (force production), and complex-set ability.

Conditioning

Increased general work capacity and sport-specific energy system fitness is the main focus, achieved thru non-specific and varied training means. Means selected should provide the greatest adaptation response with the least possible disturbance of sport training. Tested exercises are general, and not representative of the wide variety of exercises involved in conditioning.

<u>Movement</u>	<u>Test Set</u>	<u>Goals: Athletic</u>	<u>Elite</u>
Squat Thrust (SQ/TH)	3 x 2:00 w/1:00 R btwn	60+ per	75+ per
SQ/TH Push-up, Jump	4 x 1:00 w/2:00 R btwn	20+ per	25+ per
Push-up	Total # in 3:00	100+ per	150+ per
Stability	Dynamic/Switches	5:00+ total	10:00+ total
Med Ball 10# Twist/Sit-up	Ladder (1-1, 2-2, etc)	15+ total	20+ total
Sit-up Get-up	3 x 1:00 w/1:00 R btwn	15+ per	20+ per

Full ROM is expected in testing, and conditioning (dryland) testing is done most often in split sessions. Younger athletes will be expected to meet most Athletic dryland standards prior to lifting.